

# NORFOLK COUNTY ASA RECORDS

## MEN

As Of 31 July 2017

### FREESTYLE

50m	LC	S	Isaac Kirby	UEA, CoN	24.26	Sheffield	10/08/2014
	SC	S	James Lawton	UEA, CoN	23.71	Thetford	09/03/2008
	LC	J	Isaac Kirby	UEA, CoN	24.26	Sheffield	10/08/2014
	SC	J	Isaac Kirby	UEA, CoN	24.04	Luton	06/12/2014
100m	LC	S	Paul Easter	Norwich Penguins	51.83	Los Angeles	01/12/1984
	SC	S	Paul Easter	Norwich Penguins	51.49	Gloucester	01/05/1983
	LC	J	Jordan Mann	UEA, CoN	55.08	Sheffield	25/07/2013
	SC	J	Matthew Edwards	Kings Lynn	53.74	King's Lynn	16/11/2002
200m	LC	S	Paul Easter	Norwich Penguins	1.51.70	Los Angeles	01/08/1984
	SC	S	Matthew Edwards	Kings Lynn	1.49.72	Loughborough	17/12/2004
	LC	J	David Stacey	Norwich Penguins	1.57.29	Amersfoort	31/01/1981
	SC	J	Matthew Edwards	Kings Lynn	1.53.19	Melbourne	07/12/2002
400m	LC	S	Nathan Wells	West Norfolk	3.57.68	Sheffield	18/04/2017
	SC	S	Paul Easter	Norwich Penguins	3.51.27	Gloucester	01/04/1983
	LC	J	David Stacey	Norwich Penguins	4.06.71	Amersfoort	30/01/1981
	SC	J	David Stacey	Norwich Penguins	3.56.00	Paris	08/02/1981
800m	LC	S	Nathan Wells	West Norfolk	8.13.13	Sheffield	22/04/2017
	SC	S	Nathan Wells	West Norfolk	8.14.92	Luton	04/11/2016
	LC	J	Nick Thompson	UEA, CoN	8.37.61	Sheffield	01/08/2008
	SC	J	Samuel Neal	Diss Otters	10.34.24	Diss	04/12/2014
1500m	LC	S	David Stacey	Norwich Penguins	15.30.10	Los Angeles	03/08/1984
	SC	S	David Stacey	Norwich Penguins	15.09.84	Leicester	22/11/1986
	LC	J	David Stacey	Norwich Penguins	15.59.23	Amersfoort	30/01/1981
	SC	J	David Stacey	Norwich Penguins	15.27.87	Paris	06/02/1981

### BACKSTROKE

50m	LC	S	Jack Utting	UEA, CoN	27.70	Luton	02/05/2015
	SC	S	Isaac Kirby	UEA, CoN	26.66	Thetford	09/03/2014
	LC	J	Isaac Kirby	UEA, CoN	28.12	Sheffield	05/08/2014
	SC	J	Isaac Kirby	UEA, CoN	26.66	Thetford	09/03/2014
100m	LC	S	Nathan Wells	West Norfolk	58.63	Luton	01/05/2017
	SC	S	Jack Utting	UEA, CoN	56.95	Norwich	01/11/2014
	LC	J	Jack Utting	UEA, CoN	59.53	Stratford	04/03/2012
	SC	J	Jack Utting	UEA, CoN	58.37	Thetford	09/03/2014
200m	LC	S	Jack Utting	UEA, CoN	2.06.28	Norwich	29/07/2015
	SC	S	Jack Utting	UEA, CoN	2.01.83	Norwich	02/11/2014
	LC	J	Jack Utting	UEA, CoN	2.07.69	Luton	05/05/2013
	SC	J	Jack Utting	UEA, CoN	2.04.59	Thetford	09/03/2014

**BREASTSTROKE**

50m	LC	S	Nathan Henderson	Gt.Yarmouth	30.40	Manchester	02/05/2015
	SC	S	Nathan Henderson	Gt.Yarmouth	30.06	Norwich	16/05/2015
	LC	J	Samuel Peck	West Norfolk	31.31	Sheffield	04/08/2016
	SC	J	Isaac Kirby	UEA, CoN	30.77	Thetford	09/03/2014
100m	LC	S	Nathan Henderson	Gt.Yarmouth	1.06.38	Oregon	02/08/2015
	SC	S	Isaac Kirby	UEA, CoN	1.04.86	Sheffield	19/10/2014
	LC	J	Samuel Peck	West Norfolk	1.07.69	Sheffield	26/07/2016
	SC	J	Isaac Kirby	UEA, CoN	1.04.86	Sheffield	19/10/2014
200m	LC	S	Stuart Wells	Norwich Penguins	2.20.53	Sheffield	23/03/1996
	SC	S	Stuart Wells	Norwich Penguins	2.20.54	Leicester	17/01/1992
	LC	J	Samuel Peck	West Norfolk	2.25.34	Sheffield	29/07/2016
	SC	J	Isaac Kirby	Gt.Yarmouth	2.21.09	Luton	07/12/2014

**BUTTERFLY**

50m	LC	S	Matthew Edwards	Kings Lynn	25.76	Sheffield	29/01/2005
	SC	S	Matthew Edwards	Kings Lynn	25.02	Austria	04/09/2004
	LC	J	Matthew Edwards	Kings Lynn	26.57	Sheffield	09/08/2002
	SC	J	Isaac Kirby	UEA, CoN	25.61	Luton	06/12/2014
100m	LC	S	Matthew Edwards	Kings Lynn	54.81	Sheffield	07/04/2004
	SC	S	Matthew Edwards	Kings Lynn	53.41	Manchester	26/08/2004
	LC	J	Matthew Edwards	Kings Lynn	56.37	Sheffield	09/08/2002
	SC	J	Matthew Edwards	Kings Lynn	55.86	Melbourne	08/12/2002
200m	LC	S	Matthew Edwards	Kings Lynn	1.59.90	Sheffield	10/04/2004
	SC	S	Matthew Edwards	Kings Lynn	1.56.45	Manchester	28/08/2004
	LC	J	Matthew Edwards	Kings Lynn	2.04.28	Sheffield	11/08/2002
	SC	J	Matthew Edwards	Kings Lynn	2.00.33	Melbourne	06/12/2002

**INDIVIDUAL MEDLEY**

100m	SC	S	Matthew Edwards	Kings Lynn	57.70	Thetford	06/03/2004
	SC	J	Isaac Kirby	UEA, CoN	58.84	Thetford	09/03/2014
200m	LC	S	Nathan Wells	West Norfolk	2.08.46	Sheffield	06/08/2015
	SC	S	Adam Woods	Norwich Penguins	2.05.11	Sheffield	19/12/1996
	LC	J	Nathan Wells	West Norfolk	2.12.60	Sheffield	07/08/2014
	SC	J	Stuart Wells	Norwich Penguins	2.10.74	Southampton	17/03/1990
400m	LC	S	Nathan Wells	West Norfolk	4.32.98	Sheffield	28/07/2016
	SC	S	Adam Woods	Norwich Penguins	4.25.48	Stockport	29/03/1996
	LC	J	Nathan Wells	West Norfolk	4.41.41	Sheffield	05/08/2014
	SC	J	Nathan Wells	West Norfolk	4.35.73	Thetford	09/03/2014

## MENS TEAM RELAY RACES

### FREESTYLE RELAY

200m	LC	S	Norwich Penguins	1.40.44	Sheffield	29/07/2000
	SC	S	Great Yarmouth	1.41.25	Thetford	17/01/1998
	LC	J	UEA, CoN	1.44.06	Norwich	26/03/2011
	SC	J	Norwich Penguins	1.47.71	Peterborough	07/11/1998

### MEDLEY RELAY

200m	LC	S	UEA, CoN	1.52.10	Cardiff	28/02/2009
	SC	S	Norfolk ASA	1.50.32	Sheffield	19/10/2014
	LC	J	Kings Lynn Warriors	1.58.15	Norwich	25/03/2006
	SC	J	Norwich Penguins	2.00.59	Lincoln	05/12/1998

## NORFOLK COUNTY ASA RECORDS

### WOMEN

As Of 31 July 2017

### FREESTYLE

50m	LC	S	Jessica-Jane Applegate	UEA, CoN	27.33	Sheffield	17/01/2016
	SC	S	Jessica-Jane Applegate	UEA, CoN	26.92	Leicester	20/11/2016
	LC	J	Samantha Turner	Norwich Penguins	27.81	Sheffield	31/07/2001
	SC	J	Abigail Whiting	West Norfolk	27.11	Luton	08/11/2015
100m	LC	S	Anne Bochmann	UEA, CoN	58.45	Norwich	10/05/2008
	SC	S	Nicole Bates	Norwich Penguins	57.47	Quebec	09/04/1987
	LC	J	Anne Bochmann	UEA, CoN	58.45	Norwich	10/05/2008
	SC	J	Nicole Bates	Norwich Penguins	57.47	Quebec	09/04/1987
200m	LC	S	Anne Bochmann	UEA, CoN	2.03.62	Norwich	10/05/2008
	SC	S	Carrie Horton	Norwich Penguins	2.02.02	Southampton	16/03/1989
	LC	J	Anne Bochmann	UEA, CoN	2.03.62	Norwich	10/05/2008
	SC	J	Katharine Read	Norwich Penguins	2.04.74	King's Lynn	18/05/1985
400m	LC	S	Anne Bochmann	UEA, CoN	4.12.51	Belgrade	01/07/2008
	SC	S	Karen Mellor	Norwich Penguins	4.13.10	Etobicoke	30/11/1985
	LC	J	Anne Bochmann	UEA, CoN	4.12.51	Belgrade	01/07/2008
	SC	J	Karen Mellor	Norwich Penguins	4.13.10	Etobicoke	30/11/1985
800m	LC	S	Karen Mellor	Norwich Penguins	8.44.51	Edinburgh	01/07/1986
	SC	S	Karen Mellor	Norwich Penguins	8.39.44	Malmo	12/12/1986
	LC	J	Karen Mellor	Norwich Penguins	8.53.10	Blackpool	14/08/1985
	SC	J	Katharine Read	Norwich Penguins	8.44.74	Nuneaton	04/03/1984
1500m	LC	S	Marcella Aris	UEA, CoN	17.07.56	Sheffield	03/08/2010
	SC	S	Amber Smith	Diss Otters	22.06.18	Diss	04/12/2014
	LC	J	Marcella Aris	UEA, CoN	17.07.56	Sheffield	03/08/2010
	SC	J	Amber Smith	Diss Otters	22.06.18	Diss	04/12/2014

**BACKSTROKE**

50m	LC	S	Kerry Jiggins	Norwich Penguins	30.88	Crystal Palace	20/07/1997
	SC	S	Kerry Jiggins	Norwich Penguins	29.59	Imperia	25/03/1998
	LC	J	Eleanor Comer	Norwich Penguins	30.90	Dinkirk	27/07/2000
	SC	J	Sophie Green	West Norfolk	30.14	Norwich	10/07/2011
100m	LC	S	Sharon Page	Norwich Penguins	1.03.97	Perth	09/01/1991
	SC	S	Kerry Jiggins	Norwich Penguins	1.01.88	Imperia	25/03/1998
	LC	J	Katharine Read	Gt.Yarmouth	1.05.69	Leeds	26/06/1985
	SC	J	Sophie Green	West Norfolk	1.04.36	Norwich	10/07/2011
200m	LC	S	Katharine Read	Norwich Penguins	2.14.87	Coventry	28/05/1986
	SC	S	Katharine Read	Norwich Penguins	2.14.27	Edinburgh	09/12/1988
	LC	J	Katharine Read	Norwich Penguins	2.16.00	Coventry	25/05/1984
	SC	J	Katharine Read	Norwich Penguins	2.15.19	Manchester	04/04/1985

**BREASTSTROKE**

50m	LC	S	Yasmin Holmes	City of Norwich	33.20	Lisbon, Portugal	15/07/2004
	SC	S	Keira Frosdick	West Norfolk	32.80	Sheffield	15/12/2016
	LC	J	Yasmin Holmes	City of Norwich	33.20	Lisbon, Portugal	15/07/2004
	SC	J	Keira Frosdick	West Norfolk	32.80	Sheffield	15/12/2016
100m	LC	S	Yasmin Holmes	City of Norwich	1.10.81	UEA, Norwich	11/12/2004
	SC	S	Natalie Coogans	West Norfolk	1.10.24	Luton	07/11/2015
	LC	J	Yasmin Holmes	City of Norwich	1.10.81	UEA, Norwich	11/12/2004
10m	SC	J	Keira Frosdick	West Norfolk	1.11.27	Norwich	13/01/2017
200m	LC	S	Natalie Coogans	West Norfolk	2.34.09	Norwich	27/07/2016
	SC	S	Natalie Coogans	West Norfolk	2.30.56	Luton	08/11/2015
	LC	J	Yasmin Holmes	City of Norwich	2.35.23	Sheffield	30/01/2005
	SC	J	Yasmin Holmes	City of Norwich	2.36.01	Thetford	13/03/2004

**BUTTERFLY**

50m	LC	S	Eleanor Comer	Norwich Penguins	29.22	Coventry	04/05/2002
	SC	S	Rikke-Nagell-Kleven	UEA, CoN	27.86	Sheffield	13/11/2016
	LC	J	Megan Pye	UEA, CoN	29.01	Luton	28/05/2016
	SC	J	Megan Pye	UEA, CoN	29.37	Sheffield	16/12/2016
100m	LC	S	Bethany Coggins	UEA, CoN	1.03.82	Sheffield	03/04/2008
	SC	S	Rikke-Nagell-Kleven	UEA, CoN	1.02.94	Sheffield	12/11/2016
	LC	J	Bethany Coggins	UEA, CoN	1.03.82	Sheffield	03/04/2008
	SC	J	Zoe Harrison	Norwich Penguins	1.03.25	Southampton	16/03/1990
200m	LC	S	Bethany Coggins	UEA, CoN	2.16.26	Sheffield	31/03/2008
	SC	S	Helen Slatter	Norwich Penguins	2.16.71	Cumbernauld	17/11/1985
	LC	J	Bethany Coggins	UEA, CoN	2.16.26	Sheffield	31/03/2008
	SC	J	Helen Slatter	Norwich Penguins	2.16.71	Cumbernauld	17/11/1985

## **INDIVIDUAL MEDLEY**

100m	SC	S	Rikke-Nagell-Kleven	UEA, CoN	1.04.37	Luton	05/11/2016
	SC	J	Laura Marzolini	Norwich Swan	1.06.39	Thetford	09/03/2014
200m	LC	S	Anne Bochmann	UEA, CoN	2.21.53	Norwich	11/05/2008
	SC	S	Katharine Read	Norwich Penguins	2.20.44	Aberdeen	01/04/1988
	LC	J	Anne Bochmann	UEA, CoN	2.21.53	Norwich	11/05/2008
	SC	J	Hannah John	Kings Lynn	2.21.67	Thetford	05/03/2006
400m	LC	S	Anne Bochmann	UEA, CoN	4.45.21	Norwich	11/05/2008
	SC	S	Katharine Read	Norwich Penguins	4.53.02	Aberdeen	03/04/1988
	LC	J	Anne Bochmann	UEA, CoN	4.45.21	Norwich	11/05/2008
	SC	J	Katharine Read	Norwich Penguins	4.55.53	Darlington	08/04/1984

## **LADIES TEAM RELAY RACES**

### **FREESTYLE RELAY**

200m	LC	S	Kings Lynn Warriors		1.55.01	Norwich	24/03/2007
	SC	S	Norwich Penguins		1.58.00	Peterborough	07/11/1998
	LC	J	UEA, CoN		1.54.26	Norwich	26/03/2011
	SC	J	Norwich Penguins		1.58.00	Peterborough	07/11/1998

### **MEDLEY RELAY**

200m	LC	S	City of Norwich		2.03.87	Sheffield	18/04/2004
	SC	S	Norfolk ASA		2.05.21	Sheffield	20/10/2013
	LC	J	Norwich Penguins		2.06.95	Coventry	16/05/1999
	SC	J	Norwich Penguins		2.10.45	Peterborough	07/11/1998